ORANGECOASTPSYCHIATRY

Orange Coast Psychiatry provides compassionate, evidence-based mental health care for individuals of all ages. Our expert team specializes in treating anxiety, depression, OCD, ADHD, and other psychiatric conditions using personalized treatment plans. We are dedicated to helping you achieve emotional wellness through therapy, medication management, and supportive care in a safe, welcoming environment. Your mental health matters, and we're here to help.

WHAT IS HOCD AND THE GROINAL RESPONSE?

HOCD (Homosexual Obsessive-Compulsive Disorder) is a form of OCD where a person experiences unwanted, intrusive thoughts about their sexual orientation.

Along with these thoughts, many people also feel a confusing body reaction known as the **groinal response**.

A groinal response is a physical sensation in the groin area like tingling, movement, or even mild arousal.

It’s important to know: this response is **not a sign of true attraction**, but rather part of the OCD-anxiety cycle.

Why the Groinal Response Feels So Real

When we constantly check our body—"Did I feel something?"—our brain becomes hyper-aware and sensitive.

The groinal response is often triggered by **anxiety, fear, or over-focusing**, not actual desire.

It’s just like how your heart races during a scary thought—it doesn’t mean you like the thought.

OCD twists normal body reactions and makes you doubt what’s real and what’s not.

THANK YOU

Website:
https://orangecoastpsychiatry.com/

Gmail = info@orangecoastpsychiatry.com

Phone = (714) 683-1472

Address = 1720 W Ball Rd, Suite #4C, Anaheim, CA 92804